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Code Connection

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CONNECTING YOU TO THE CODE OF STUDENT LIFE AND
THE OFFICE OF STUDENT STANDARDS AND CONDUCT AT
THE UNIVERSITY OF ARKANSAS

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A Fresh Start

A new semester means a new beginning, not just new year's resolutions to work out or eat better, but a time to think about your impact on the University community. What is your place at the University of Arkansas? When you look back on graduation day—what do you want to see? The best time to start defining your experience is RIGHT NOW. The beginning of the semester means that RSOs are recruiting, and it's the best time to recommit to the things that matter.

Interested in getting involved with or starting an RSO? <http://osa.uark.edu/rso/> is the best place to start! Not only does it lay out how to start a new organization, you can login to the RSO Online Database and look at what already exists, find out how to contact them, and even when they meet.

The next best idea: read the bulletin boards and posters! If something catches your eye, don't be afraid to pursue it. If they're advertising, they're looking. Don't let fear stop you from being active in the University community. People are



generally friendly, and when you share a common interest, it's easier to feel like you belong—and YOU DO. College is the time to chase your passion: what are you passionate about?

The new semester is also a good time to reflect on the old. Do you have any regrets? What do you wish you had done differently?

NOW is when you decide to study more, and party less. NOW is when you stick to the two drink maximum, so that you don't have a hangover for class the next day. NOW is when you volunteer to be designated driver.

The best time is NOW. Start fresh.

Alcohol and Winter: Making Smart Choices

By Debbie Morgan—Coordinator of Substance Abuse Prevention

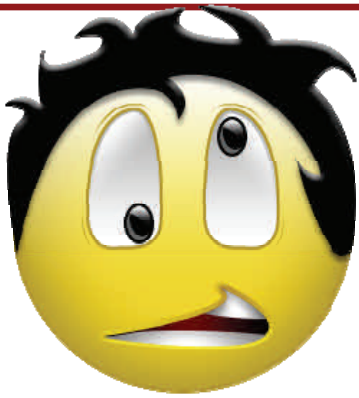
<http://sear.uark.edu>

It is a common myth that drinking alcohol can keep you warm in cold weather. Drinking dilates peripheral blood vessels near your skin, which means more blood on the surface and your skin may feel warm to the touch. This, however, takes heat away from your internal organs as they are not receiving as much blood flow, and this can potentially be very dangerous. Hypothermia is another issue that individuals may face. People who have consumed a large amount of alcohol and decide to walk home instead of calling a sober friend or a taxi run the risk of passing out in cold temperatures and suffering from hypothermia. Injury is also another risk that students face when drinking in cold temperatures. All it takes is a fall or other type of accident and one may be seriously injured. If an individual is under the influence of alcohol they may not realize the severity of the injury until they have had time to allow the alcohol to process and they become sober. Cuts, lacerations, and even broken bones may initially go untreated as the alcohol may have dulled the pain sensors and thus kept the individual from receiving the medical care that they needed.

Finally, driving in snow and icy conditions can be dangerous in it's own right. Adding a driver who is under the influence of alcohol to snow and/or ice covered roads increases the chance of causing or being involved in an accident which can result in serious injury, and in some cases, death of the intoxicated individual, individuals in other vehicles, or both.

Boredom and cabin fever during the winter months does lead to an increase in alcohol consumption. If you are going to drink during these times please remember the following:

- Have a designated driver and ask that they make sure you make it into your home or apartment at the end of the night. Do not get caught passed out on the porch with hypothermia just feet from your own front door.
- Wear weather appropriate clothes. While not always the most stylish they can keep you warm and certain shoes may help to reduce the risk of falls on icy sidewalks. Make sure they have good tread in a waffle like pattern.
- Charge your cell phone before going out just in case you are in an accident or get stranded.



Cabin Fever

Snow can be great—sledding, snowball fights, and snowmen—but with snow comes cold, and being inside from the cold can make people go...a little crazy.

The first rule of cabin fever—do not go outside and make inappropriate snowmen. Sure, it's funny, but it can also lead to charges with the University. Keep the snowpeople at a PG-rating please.

The second rule of cabin fever—don't spend all day on Netflix or napping.

There's plenty to do inside that gets your body moving and your mind busy.

Get a jump start on spring cleaning by getting rid of the junk from last year, dusting, catching up on laundry, rearranging the furniture, or cook an amazing dinner for you and your roommates or friends.

The third rule of cabin fever—don't isolate yourself, and don't skip class! Play board games, attend events, Skype with friends or family, and definitely go into the cold and go to class. Bundle up—use the cold as an excuse to buy new winter accessories if you have to—but don't let it stop you from doing what you're supposed to at YOUofA—LEARN. Keeping your mind busy will keep you happy.

The last rule of cabin fever—give yourself a break. Winter is hard on the body and the mind, so don't feel bad if you get frustrated with the chill and being stuck indoors. Celebrate the snow days, use the free time productively, and make good choices.



VOLUNTEER, NOW!

There is no time like your college years to volunteer to help others. Not only will volunteer work on a resume impress employers, but it is a practical and tangible way to help others. There are more benefits than you realize to volunteering. Do it now, get in the habit now, and it will benefit you for the rest of your life. Here are a few you might not have thought of.

TEAMWORK—volunteering is often about doing good work in a short amount of time. You will learn how to be a team with strangers in order to accomplish a task. That is a skill essential to the career world.

NETWORKING—you never know who you'll meet volunteering. When you work hard for a charitable cause, people notice. The people you volunteer with might be business owners, political figures, and others that are always looking for a talented individual that fits their needs. The people you volunteer for are the people who will become your best references.

Go to volunteer.uark.edu to see how you can get involved!

Spring Break is Coming

It might not feel like it, but Spring Break, that wonderful stretch of freedom mid-Spring semester is approaching. Students flock to the four corners of the world trying to take advantage of every second of freedom while they can. The best way to stay out of trouble is to be as prepared as possible ahead of time.

Things to think about:

Going to another country? Check what immunizations are recommended. Also, take the time to research local laws to avoid running afoul of law enforcement. Demonstrate respect for the places and cultures that you will experience—you are a guest in their home!

Remember that students represent the University of Arkansas even on vacation, and if a situation gets out of hand the University may be made aware of it and the student could be charged with violations of the Code of Student Life. Make the #YOUofA proud!

Prepare for safety. That can mean anything from packing extra sunscreen, to establishing a protocol if groups get

separated. The last thing you want is to be getting ready to leave, only to realize that one of your party is not with you.

Enjoy break! Recharge your mind and body to attack the second half of Spring semester!

Did you know?

Arkansas has 6 national park sites, two-and-a half million acres of national forests, seven national scenic byways, three state scenic byways, and 50 state parks.

If you can't leave Arkansas for Spring Break, there's still plenty

Words to Remember

"There's only one corner of the universe you can be certain of improving, and that's your own self."

-Aldous Huxley